

Karen Higgins, DNP, FNP-BC

Associate Professor

Regent University

EDUCATION

- 2015-2016 DNP, Chatham University
- 1992-1993 MSN, Family Nurse Practitioner, Old Dominion University
- 1981-1985 BS, nursing, minor psychology, Bradley University

PROFESSIONAL EXPERIENCE

- 2024-present, Associate Professor, Regent University, Virginia Beach VA
- 2024-present, Adjunct faculty, South College, Knoxville, TN
- 2023-present Nurse Practitioner, part time
Panacea Behavioral Health and Wellness Center, Virginia Beach, VA
- 2023-2024 Nurse Practitioner, PRN
Matrix Medical Network, Scottsdale, AZ
- 2022-2024 Adjunct Faculty
Purdue University Global, West Lafayette, IN
- 2019- 2023 FNP Program Director, Clinical Assistant Professor,
Old Dominion University, Norfolk, VA
- 2015-2018 Lecturer, Old Dominion University, Norfolk, VA
- 2006- 2014 Adjunct faculty, Old Dominion University, Norfolk, VA
- 1998-1999 Nurse practitioner, Coastal Government Services, Naval Hospital, Oak Harbor, WA
- 1997-1998 Nurse practitioner, Paul Jones, MD, Norfolk, VA
- 1997-1998 Nurse practitioner, Sentara Enterprises (Tricare), Virginia Beach, VA
- 1995-1997 Nurse Practitioner, Eastern Virginia Medical School/Ghent Family Practice, Norfolk, VA
- 1994-1995 Nurse practitioner, Research Foundation/Old Dominion University, Norfolk, VA
- 1993-1994 RN/Case manager, Olsten Kimberly Quality Care
Virginia Beach, VA
- 1992-1993 Home health nurse, Portsmouth General Hospital, Portsmouth, VA
- 1988-1992 Lieutenant, Nurse Corps, US Navy, Naval Hospital, Pensacola, FL
- 1985-1988 Staff RN, St. Francis Medical Center, Peoria, IL

PROFESSIONAL LICENSE/CERTIFICATION

- Registered Nurse, VA (multi state privilege)
0001126202, Expiration 12/31/2024
- Licensed Nurse Practitioner, VA, Autonomous Practice
0024126202, Expiration 12/31/2024
- ANCC Family Nurse Practitioner Certification
0212062, Expiration 5/21/2029

Nurse Educator Certificate, 2017, Chatham University
Quality Matters®, 2022, Gauging Your Technology Skills
Quality Matters®, 2022, Evaluating Your Course Design
Quality Matters®, 2022, Exploring Your Institution's Policies
Quality Matters®, 2022, Orienting Your Online Learners

PUBLICATIONS

Peer-Reviewed Journal Articles

Higgins, K., Hawkins, J., Tremblay, B., & Wiles, L. (2024). An online module to promote self-care and resiliency in nursing students. *Nursing Education Perspectives*, 45(4), 258-259.

<https://doi.org/10.1097/01.NEP.0000000000001138>

Stallings, D. E. & Higgins, K.J. (2023). The use of multiple daily injections versus insulin pump therapy for HgbA1c reduction in patients with insulin-dependent type 2 diabetes. *Journal of the American Association of Nurse Practitioners*, 35(10), 615-619. <https://doi.org/10.1097/JXX.0000000000000890>

Hawkins, R., Hawkins, J., Tremblay, B., Wiles, L., & Higgins, K. (2023). Use of the Rasch Model for Fit Statistics and Rating Scale Diagnosis for the Student Perception Appraisal- Revised. *Journal of Nursing Measurement*, 20(10). <https://doi.org/10.1891/JNM-2022-0122>

Tremblay, B., Hawkins, J., Hawkins, R., Higgins, K., Wiles, L., & Martin, J. (2022). Contributing factors to withdrawal decisions of military and nonmilitary nursing students. *Teaching and Learning in Nursing*, 18(1), 129-133. <https://doi.org/10.1016/j.teln.2022.08.004>

Wiles, L. Hawkins, J.E., Martin, J., Tremblay, B., Higgins, K. & Mahoney, I. (2023). Creating a primary care track in prelicensure nursing education. *Journal of Nursing Education*, 62(3), 171-174. <https://doi.org/10.3928/01484834-20220912-14>

Hawkins, J., Tremblay, B, Higgins, K., Martin, J., Wiles, L., Mahoney, I. & Hawkins, R. (2022). A comparison of factors that impact retention of nursing students with and without military experience. A mixed method study. *Teaching and Learning in Nursing*, 17(4), 357-363.

<https://doi.org/10.1016/j.teln.2022.06.003>

Higgins, K. & Nesbitt, C. (2022). Learning illness scripts through drawing. *Journal of Nursing Education*, 61(10), 603. <https://doi.org/10.3928/01484834-20220417-03>

- Horvath, E., Gudger, K., & Higgins, K. (2022). Building resilience in online graduate nursing education, *Journal of Nursing Education*, 61(7), 423. <https://doi.org/10.3928/01484834-20220613-12>.
- Higgins, K. & Hartgerink, A. (2021). Exploring stressors experienced during graduate nursing education. *Journal of Nurse Practitioners*, 18(2), 221-225. <https://doi.org/10.1016/j.nurpra.2021.10.022>
- Hawkins, J.E., Mahoney, I., Wiles, L., Tremblay, B., Martin, J., & Higgins, K. (2021). Mentoring military students: Creating a culture for academic success. Mentoring in an Interconnected World. *The Chronicle of Mentoring and Coaching*, x(1), xx-xxx. <https://www.mentor-cmc.com/cmc/cmc2021/>
- Hawkins, J.E., Mahoney, I., Martin, J., Tremblay, B., Wiles, L., & Higgins, K. (2021). Promoting military student success through faculty Green Zone training. *Nurse Educator*, 47,(1), 10-12. <https://doi.org/0.1097/NNE.0000000000001096>
- Hawkins, J. E., & Higgins, K. (2021). There's an app for that: educational intervention to promote mobile health management app use in rural Ireland. *International Journal of Health Promotion and Education*, 60(5), 273–285. <https://doi.org/10.1080/14635240.2021.1980082>
- Higgins, K., & Nesbitt, C. (2021). Improvisation theater exercises: A novel approach to teach communication skills. *Journal of Nursing Education*, 60(2), 116-119. <https://doi.org/10.3928/01484834-20210120-12>
- Horvath, E., & Higgins, K. (2020). New nurse practitioner job search experience: Opportunities and obstacles. *Nurse Practitioner*, 45(12), 49-55. <https://doi.org/1010.1097/01.NPR.0000722332.07036.e8>
- Higgins, K. & Newby, O. (2020). DNP student mentorship, *Nursing Management*, 51(7), 22–29. [Continuing education article, original article in *Nurse Practitioner*]. <https://doi.org/10.1097/01.NUMA.0000669052.74929.e7>
- Higgins, K., Hawkins, J., & Horvath, E. (2020). Improving oral health: Integrating oral health content in APRN education, *Journal for Nurse Practitioners*, 16(5), 394-397. <https://doi.org/10.1016/j.nurpra.2020.02.015>
- Higgins, K., & Newby, O. (2020). DNP student mentorship: Empowering students and nurse practitioner organizations. *Nurse Practitioner*, (45)4, 42-47. invited
- Higgins, K., & Newby, O. (2019) Empowering DNP students through mentorship in NP organizations. [Guest editorial] *Nurse Practitioner*, 44(11), 9. <https://doi.org/10.1097/01.NPR.0000586036.46293.05>

Higgins, K., Kirkland, T., Le-Jenkins, U., & Rutledge, C. (2019). Preparing students to be ready for practice: An innovative approach to teaching advanced physical assessment skills online. *Journal of the American Association of Nurse Practitioners*, 33(11), 640-647.

Higgins, K., Nesbitt, C., Horan, L., Curtis, A., Richard, K., Stallter, C., & Verela, S. (2019). Brief educational sessions to promote health app use. *Journal for Nurse Practitioners*, 15(8), e165-e167.
<https://doi.org/10.1016/j.nurpra.2019.04.003>

Higgins, K. & Scott, M. A. (2019). Using health coaching to improve patients' BP management. *Nursing*, 49(6), 44-48.
<https://doi.org/10.1097/01.NURSE.0000554245.67012.03>

PODIUM PRESENTATIONS

National and International Conferences

Higgins, K., Hawkins, J., Wiles, L., Mahoney, I., Martin, J., Tremblay, B. (2023, February). REST for Self-care: Improving Student Nurses' Health. At Sigma Creating Healthy Work Environments, Austin, TX

Hawkins, J., Tremblay, B., Higgins, K., Martin, J., Wiles, L., Mahoney, I., & Hawkins, R. (2022, September). Factors that support or restrict retention in prelicensure nursing programs for students with military experience compared to those without military experience: A mixed method study. At 2022 NLN Education Summit: Healthy Planet, Healthy People: Leading the Way Through Education, Practice, and Policy. Las Vegas, NV.

Just, K. & Higgins, K. (2022, March). Affect Labeling Intervention to Decrease Perceived Levels of Stress and Increase Resilience in ICU Nurses. Creating Healthy Work Environments, Sigma Nursing Conference. (Virtual)

Hawkins, J.E., Mahoney, I., Wiles, L., Tremblay, B., Martin, J., & Higgins, K. (2021, Oct). Mentoring military students: Creating a culture for academic success. Mentoring in an Interconnected World. University of New Mexico Mentoring Institute, 14th Annual Mentoring Conference.

Hawkins, J.E., Mahoney, I., Martin, J.M., Tremblay, B., Higgins, K., & Wiles, L. (2021, Sept). Social Determinants of Education for Veterans: Faculty Training Initiative. 2021 NLN Education Summit: Leading and Teaching Beyond Resilience. (Virtual)

Nesbitt, C. & Higgins, K. (2020, Oct). Improve Communication Using Improvisation Theater Techniques, American Psychiatric Nurses Association Annual Conference. (Virtual).

Higgins, K. & Hawkins, J. (2019, April). Brushing up on Oral Health: An Online, Community-Based Interprofessional Initiative in Nurse Practitioner Education. At the National Organization of Nurse Practitioner Faculties Conference, Atlanta, GA.

Higgins, K. & Kirkland, T. (2018, Apr). Feasibility and Effectiveness of Videography and Simulation in Teaching Physical Assessment in an Online Program. At National Organization of Nurse Practitioner Faculties 44th Annual Conference, Indianapolis, IN.

Kirkland, T. & Higgins, K. (2016, April). “Intraprofessional collaboration in teaching advanced physical assessment online: Examining use of video-taped physical exams/health histories and debriefing as a tool to foster clinical skills.” National Organization of Nurse Practitioner Faculty conference, Seattle, WA

State and Regional Conferences

Higgins, K. (2023, March). Resilience: Moving beyond exercise, nutrition, and sleep. At Annual Conference Virginia Council of Nurse Practitioners. Roanoke, VA.

Higgins, K., Hawkins, J. E., Mahoney, I., Horvath, E., Wiles, L., Tremblay, B., and Martin, J. (2022, April). Integrating Resilience Building Practices and Self-care into Nursing Education. At 2022 Annual Conference and Membership Meeting: Envisioning a New Future in Nursing Education, Harrisonburg, VA.

Hawkins, J. E., Higgins, K., Tremblay, B., Martin, J., Wiles, L., Mahoney, I., and Hawkins, R. J. (2022, April). Best Practice Recommendations for Promoting Academic Success of Military Veteran Students. At 2022 Annual Conference and Membership Meeting: Envisioning a New Future in Nursing Education, Harrisonburg, VA.

Higgins, K. & Nesbitt, C. (2021, March). Yes, And: Small Words, Big Impact. At Virginia Council of Nurse Practitioners Annual Conference, virtual.

Higgins, K. (2021, February). Graduate School 101: Prepare for Success. At Virginia Nursing Students’ Association, A World of Opportunities, virtual at Norfolk, VA.

Hawkins, J. E., Mahoney, I., Kinlock-Taylor, K., Brant, K., Wiles, L., Martin, J., Tremblay, B., and Higgins, K. (2020, June). Basic Training for Promoting Military Student Success Oral Presentation presented at Healthy Campus: Prescription for Success & Wellness , Virtual at Old Dominion University, Norfolk, VA.

Higgins, K. & Hartgerink, A. (2020, June). Graduate Nursing Education-Stressors, Impact on Health and Well-Being, and Strategies for Success. At Healthy Campus: Prescription for Success and Wellness, virtual conference, Old Dominion University, Norfolk, VA.

Nesbitt, C. & Higgins, K. (2020, June). Yes, and, Let's add Improvisation Theater Exercises to the Classroom. At Healthy Campus: Prescription for Success and Wellness, virtual conference, Old Dominion University, Norfolk, VA.

Sisk, L. & Higgins, K. (2019, July). Effectiveness of a Care Bundle to Reduce COPD Readmissions in a Rural Hospital. At 4th Annual Virginia Association of Doctor of Nursing Practice Conference Diplomacy in Nursing Practice, Winchester, VA.

Higgins, K. & Le-Jenkins, U. (2018, May). Videography and multi-source feedback to teach and evaluate performance-based skills in online education. At Old Dominion University's Faculty Summer Conference on Teaching and Learning, Norfolk, VA.

Invited Addresses, Workshops, and Seminars

Higgins, K. (2023, February). Graduate School 101: Everything you wanted to know about graduate school. Virginia Nursing Student Association Annual Conference: Nursing=leaRNing, Harrisonburg, VA. Invited speaker

POSTER PRESENTATIONS AT PROFESSIONAL MEETINGS

Higgins, K., Hawkins, J., Wiles, L., Mahoney, I., Tremblay, B., & Martin, J. (2022, May). Preparing the future nursing workforce for roles in primary care. At American Academy of Ambulatory Nursing 2022 Annual Conference, Las Vegas, NV.

Stallings, D. & Higgins, K. (2022, March). The Use of Multiple Daily Injections Versus Continuous Subcutaneous Insulin Infusion for HgbA1c Reduction in Insulin Dependent Type 2 Diabetics, At Virginia Council of Nurse Practitioners Annual Conference, Hot Springs VA.

Higgins, K., U. Le-Jenkins, Cartagena, D. & Just, K. (2022, March). Exploring Health of New Graduate Nursing Students. At Virginia Council of Nurse Practitioners Annual Conference, Hot Springs, VA.

Hawkins, J.E., Mahoney, I., Wiles, L., Tremblay, B., Martin, J., & Higgins, K. (2020, October). Mentoring military students: Creating a culture for academic success. Mentoring in an Interconnected World. University of New Mexico Mentoring Institute, 14th Annual Mentoring Conference.

Keaton, S., & Higgins, K. (2021, April). The Impact of an Education Bundle on Patient Utilization of the Online Portal System and Associated Smartphone Application. American Academy of Ambulatory Care Nursing 46th Annual Conference, virtual conference.

Stallter, C., Reddick, A., & Higgins, K. (2021, April). Improving Nurse Practitioner Communication Skills. New Frontiers for NP Education, National Organization of Nurse Practitioner Faculties, Virtual Conference.

Rhodes, R. & Higgins, K. (2021, March). Investigating the Oral Health Practices of Nurse Practitioners and Nurses. Poster presentation at Virginia Council of Nurse Practitioners Annual Conference, virtual.

Martin, J., Mahoney, I, Higgins, K., Hawkins, J., Wiles, L., & Tremblay, B. (2020). At Leading the Shift in Nursing Education Paradigm: Building a Primary Care Nursing Workforce through Education and Community-Based Professional Development. American Academy of Ambulatory Care Nursing Virtual Conference. Post Conference Poster Session.

Higgins, K.& Nesbitt, C. (2020, April). Learning through Drawing: A Creative Teaching Strategy. Envisioning a New Era for NP Education, National Organization of Nurse Practitioner Faculties Annual Conference, Virtual Conference.

Horvath, E. & Higgins, K. (2020, March). New Nurse Practitioner Job Search Experience: Opportunities and Obstacles. At Virginia Council of Nurse Practitioners Annual Conference, Norfolk, VA. 1st place award.

Sisk, L. & Higgins, K. (2019, July). Effectiveness of a Care Bundle to Reduce COPD Readmissions in a Rural Hospital. At 4th Annual Virginia Association of Doctor of Nursing Practice Conference Diplomacy in Nursing Practice, Winchester, VA.

Higgins, K. & Newby, O. (2019, July). DNP Student Mentorship: A Bridge to Empowering Students and Organizations. At 4th Annual Virginia Association of Doctor of Nursing Practice Conference Diplomacy in Nursing Practice, Winchester, VA.

Higgins, K., Nesbitt, C., Horan, L., Curtis, A., Richard, K., Stallter, C., & Verela, S. (2019, March). Brief Educational Sessions to Promote Health App Use in an Underserved Population. Virginia Council of Nurse Practitioners annual conference, Roanoke, VA. 3rd place award

Dube, N., & Higgins, K.(2018, November). Evidence-Based Programming for Senior Centers. At Virginia Rural Health Association Conference. Lexington, VA.

Brault, K., Higgins, K. & Gray, D. (2018, April). Improving Maternal Fetal Outcomes: A Comparison of CenteringPregnancy and Traditional Prenatal Care. At International Childbirth Education Association, Louisville, KY

Farrington, M., Higgins, K., & Gray, D. (2018, March). Workplace Primary Care Clinics: Perceptions and Barriers to Utilization. At Old Dominion University Graduate Research Achievement Day, Norfolk, VA.

CONFERENCES ATTENDED

Coastal Virginia (CoVA) Pharmacology and Educational Symposium, Virginia Council of Nurse Practitioners, Tidewater Region, Chesapeake, VA (Jan. 2024)

17th Annual Obesity Summit, Cleveland Clinic, Cleveland, OH (Oct 2023)

Virginia Council of Nurse Practitioners Annual Conference, Roanoke, VA (March 2023)

PROFESSIONAL AFFILIATIONS AND DEVELOPMENT

Virginia Council of Nurse Practitioners, Tidewater Council
2018-2023 Treasurer, Tidewater Council
National Organization of Nurse Practitioner Faculties
American Association of Nurse Practitioners
Sigma Theta Tau Epsilon Chi chapter